(54) Title: BASKETBALL TRAINING SYSTEMS AND METHODS
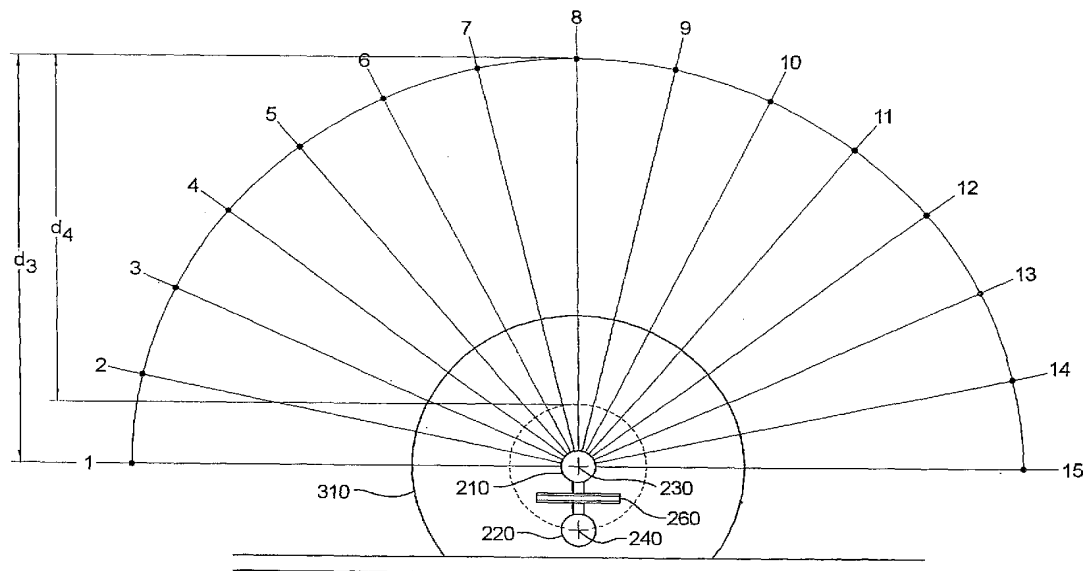
(57) Abstract: Basketball training systems and methods are disclosed herein. In one embodiment, a basketball training apparatus
(200) includes a first rim (210) and a second rim (220). The first rim (210) has a center (230) and the second rim (220) has a center
(240). The first rim (210)rotates about its center (230) and the second rim (220) revolves about the center (230) of the first rim (210).